

Elms Bank Long Term Plan



Key to Pathways:

Inspire	
Explore	
Thrive	

PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Inspire Pathway						
KS3	<u>HRF / Circuit Training and Problem Solving and Orienteering</u> <ul style="list-style-type: none"> safety principles developing basic techniques developing fitness for circuit training self / peer assessment demonstrating improvement 	<u>Invasion Games</u> <ul style="list-style-type: none"> Fitness Testing developing basic skills and understanding in invasion games developing fitness for performance in invasion games self / peer assessment of performance in invasion games demonstrating improvement in invasion games 	<u>Net / Wall Games</u> <ul style="list-style-type: none"> safety principles in Net / Wall games developing basic skills in Net / Wall games developing fitness for Net / Wall games self / peer assessment of performance in Net / Wall games demonstrating improvement in Net / Wall games 	<u>Trampolining</u> <ul style="list-style-type: none"> safety principles in trampolining developing basic skills in trampolining planning and leading a personalised trampolining routine developing fitness for trampolining self / peer assessment of performance in trampolining demonstrating improvement in trampolining 	<u>Striking / fielding Games</u> <ul style="list-style-type: none"> safety principles in striking / fielding games developing basic skills in striking / fielding games developing fitness for striking / fielding games self / peer assessment of performance in striking / fielding games demonstrating improvement in striking / fielding games 	<u>Athletics</u> <ul style="list-style-type: none"> safety principles in athletics developing basic skills in athletics events Developing fitness for athletics self / peer assessment of performance in athletics demonstrating improvement in athletics
Year 10-Entry Level 3	<u>HRF / Circuit Training</u> safety principles in circuit training developing basic technique and fitness in circuit training developing fitness for circuit training planning and leading	<u>Outdoor education Canoeing and Archery</u> safety principles in canoeing and archery developing basic skills in canoeing and archery developing mental	<u>Problem Solving and Orienteering</u> developing basic skills in problem solving developing basic skills in orienteering developing mental capacity for problem solving and	<u>Swimming</u> safety principles in swimming developing basic skills in swimming developing mental capacity for swimming (assessment lesson)	<u>Trampolining</u> safety principles in trampolining developing basic skills in trampolining planning and leading a personalised trampolining routine developing fitness for	<u>Performance analysis</u> As part of the entry level qualification, pupils will participate in performance analysis sessions here they will need to analyse their own work, plus the work

	a personalised fitness programme self / peer assessment of performance in circuit training demonstrating improvement in circuit training	capacity for canoeing and archery (assessment lesson) self / peer assessment of performance in canoeing and archery demonstrating improvement in canoeing and archery Sessions will be led by Bury Youth Sport	orienteering (assessment lesson) self / peer assessment of performance in problem solving and orienteering demonstrating improvement in problem solving and orienteering	self / peer assessment of performance in swimming demonstrating improvement in swimming Water safety and confidence Session will be led by Bury Sports	trampolining self / peer assessment of performance in trampolining demonstrating improvement in trampolining	of others. These will be practical and theory based sessions.
Year 11- Entry Level 3	<u>Invasion Games</u> Fitness Testing developing basic skills and understanding in invasion games developing fitness for performance in invasion games self / peer assessment of performance in invasion games demonstrating improvement in invasion games	<u>Net / Wall Games</u> safety principles in Net / Wall games developing basic skills in Net / Wall games developing fitness for Net / Wall games self / peer assessment of performance in Net / Wall games demonstrating improvement in Net / Wall games	<u>Swimming</u> safety principles in swimming developing basic skills in swimming developing mental capacity for swimming (assessment lesson) self / peer assessment of performance in swimming demonstrating improvement in swimming Water safety and confidence Session will be led	<u>Striking / fielding Games</u> safety principles in striking / fielding games developing basic skills in striking / fielding games self / peer assessment of performance in striking / fielding games demonstrating improvement in striking / fielding games	<u>Athletics</u> safety principles in athletics developing basic skills in athletics events developing fitness for athletics self / peer assessment of performance in athletics demonstrating improvement in athletics	<u>Performance analysis</u> As part of the entry level qualification, pupils will participate in performance analysis sessions here they will need to analyse their own work, plus the work of others. These will be practical and theory based sessions.
Year 10 BTEC Sport and Active Leisure	<u>How the body works</u> Know the functions of the skeletal and muscular systems Know the functions of the cardiorespiratory systems Know the requirements of a healthy diet			<u>Physical activities for children</u> Know about physical activities for children Understand the role of the adult when children are involved in physical activities Be able to plan and prepare physical activities for children		

Year 11 BTEC Sport and Active Leisure	<u>Working in a Team</u> Understanding effective teamwork and how to contribute to a task Know the roles and responsibilities of team members Work positively as a member of a team Review own performance as a member of a team	<u>Assisting a Leader of Sports or Active Leisure Activities to Plan and Deliver an Activity</u> Know the qualities and responsibilities needed for assisting a leader of a sports or active leisure activity Know the different parts of a sports or active leisure activity Be able to assist in planning a sports or active leisure activity Be able to assist delivery of part of a sports and active leisure activity
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Explore Pathway

	Autumn		Spring 1	Spring 2	Summer	
KS3	<u>HRF / Circuit Training and Problem Solving and Orienteering</u> <ul style="list-style-type: none"> safety principles developing basic techniques developing fitness for circuit training self/peer assessment demonstrating improvement 	<u>Invasion Games</u> <ul style="list-style-type: none"> Fitness Testing developing basic skills and understanding in invasion games developing fitness for performance in invasion games self/peer assessment of performance in invasion games demonstrating improvement in invasion games 	<u>Net / Wall Games</u> <ul style="list-style-type: none"> safety principles in Net / Wall games developing basic skills in Net / Wall games developing fitness for Net / Wall games self/peer assessment of performance in Net / Wall games demonstrating improvement in Net / Wall games 	<u>Trampolining</u> <ul style="list-style-type: none"> safety principles in trampolining developing basic skills in trampolining planning and leading a personalised trampolining routine developing fitness for trampolining self/peer assessment of performance in trampolining demonstrating improvement in trampolining 	<u>Striking / fielding Games</u> <ul style="list-style-type: none"> safety principles in striking / fielding games developing basic skills in striking / fielding games developing fitness for striking / fielding games self/peer assessment of performance in striking / fielding games demonstrating improvement in striking / fielding games 	<u>Athletics</u> <ul style="list-style-type: none"> safety principles in athletics developing basic skills in athletics events Developing fitness for athletics self/peer assessment of performance in athletics demonstrating improvement in athletics
Year 10- Entry Level 1 and 2	<u>HRF / Circuit Training</u> safety principles in circuit training developing basic technique and fitness in circuit training developing fitness for circuit training	<u>Outdoor education Canoeing and Archery</u> safety principles in canoeing and archery developing basic skills in canoeing and archery	<u>Problem Solving and Orienteering</u> developing basic skills in problem solving developing basic skills in orienteering developing mental capacity for problem	<u>Swimming</u> safety principles in swimming developing basic skills in swimming developing mental capacity for swimming	<u>Trampolining</u> safety principles in trampolining developing basic skills in trampolining planning and leading a personalised trampolining routine	<u>Performance analysis</u> As part of the entry level qualification, pupils will participate in performance analysis sessions here they will need to analyse their own

	<p>planning and leading a personalised fitness programme self / peer assessment of performance in circuit training demonstrating improvement in circuit training</p>	<p>developing mental capacity for canoeing and archery (assessment lesson) self / peer assessment of performance in canoeing and archery demonstrating improvement in canoeing and archery</p> <p>Sessions will be led by Bury Youth Sport</p>	<p>solving and orienteering (assessment lesson) self / peer assessment of performance in problem solving and orienteering demonstrating improvement in problem solving and orienteering</p>	<p>(assessment lesson) self / peer assessment of performance in swimming demonstrating improvement in swimming Water safety and confidence</p> <p>Session will be led by Bury Sports</p>	<p>developing fitness for trampolining self / peer assessment of performance in trampolining demonstrating improvement in trampolining</p>	<p>work, plus the work of others. These will be practical and theory based sessions.</p>
<p>Year 11- Entry Level 1 and 2</p>	<p><u>Invasion Games</u> Fitness Testing developing basic skills and understanding in invasion games developing fitness for performance in invasion games self / peer assessment of performance in invasion games demonstrating improvement in invasion games</p>	<p><u>Net / Wall Games</u> safety principles in Net / Wall games developing basic skills in Net / Wall games developing fitness for Net / Wall games self / peer assessment of performance in Net / Wall games demonstrating improvement in Net / Wall games</p>	<p><u>Swimming</u> safety principles in swimming developing basic skills in swimming developing mental capacity for swimming (assessment lesson) self / peer assessment of performance in swimming demonstrating improvement in swimming Water safety and confidence</p> <p>Session will be led by Bury Youth Sport</p>	<p><u>Striking / fielding Games</u> safety principles in striking / fielding games developing basic skills in striking / fielding games developing fitness for striking / fielding games self / peer assessment of performance in striking / fielding games demonstrating improvement in striking / fielding games</p>	<p><u>Athletics</u> safety principles in athletics developing basic skills in athletics events developing fitness for athletics self / peer assessment of performance in athletics demonstrating improvement in athletics</p>	<p><u>Performance analysis</u> As part of the entry level qualification, pupils will participate in performance analysis sessions here they will need to analyse their own work, plus the work of others. These will be practical and theory based sessions.</p>

Thrive Pathway				
	Autumn	Spring	Summer 1	Summer 2
KS3 and KS4	<p>Pupils will participate in a carousel throughout the year.</p> <p><u>Rebound Therapy</u> Pupils will participate in a rebound therapy award scheme throughout the year. This includes activities such as: Lies or sits on soft object on trampoline Enjoying being bounced while lying or sitting on beanbag Being bounced in back lying position – maintains shape</p> <p><u>Hydro therapy</u> Pupils will participate in a hydrotherapy award scheme throughout the year. This includes activities such as: Tolerate floating on the water with aid Movement in water supine and prone Relaxing in water supine and prone</p> <p><u>Sensory/Movement</u> Pupils will participate in a weekly sensory experience whilst accessing individual movement plans that will be complied by the class teacher, key support staff and physiotherapists</p>			